

Pina Colada Salad



Vegetarian



Gluten Free

READY IN



25 min.

SERVINGS



10

CALORIES



210 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



3 bananas peeled sliced



0.3 cup coconut milk



2 pineapples cored peeled cut into 1-inch chunks



1 cup coconut or sweetened flaked



16 ounce vanilla yogurt

Equipment



bowl

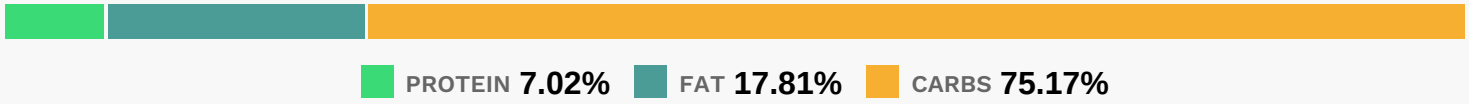


whisk

Directions

- ☐
- Whisk together the yogurt, coconut, and coconut milk in a large bowl. Stir in the pineapple and banana.
- ☐
- Serve cold.

Nutrition Facts



Properties

Glycemic Index:21.04, Glycemic Load:16.49, Inflammation Score:-6, Nutrition Score:15.705217483251%

Flavonoids

Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg, Catechin: 2.16mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 210.45kcal (10.52%), Fat: 4.49g (6.9%), Saturated Fat: 3.73g (23.34%), Carbohydrates: 42.6g (14.2%), Net Carbohydrates: 38.31g (13.93%), Sugar: 31.53g (35.04%), Cholesterol: 2.27mg (0.76%), Sodium: 57.06mg (2.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin C: 90.02mg (109.11%), Manganese: 1.9mg (95.01%), Vitamin B6: 0.36mg (17.86%), Fiber: 4.3g (17.18%), Copper: 0.27mg (13.51%), Potassium: 466.47mg (13.33%), Vitamin B1: 0.18mg (11.7%), Folate: 45.7µg (11.42%), Magnesium: 45.47mg (11.37%), Calcium: 104.82mg (10.48%), Vitamin B2: 0.18mg (10.37%), Phosphorus: 97.43mg (9.74%), Vitamin B5: 0.77mg (7.75%), Vitamin B3: 1.28mg (6.42%), Selenium: 4.13µg (5.89%), Iron: 0.96mg (5.35%), Zinc: 0.74mg (4.93%), Vitamin B12: 0.24µg (4.01%), Vitamin A: 147.14IU (2.94%), Vitamin K: 1.49µg (1.42%)